


Regional in Nature Activity Guide

January – February 2007

East Bay 
Regional Park District

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Additional Activities Found Inside and www.ebparks.org
Mission Peak Regional Preserve photo by Michael Kellogg



Park District Honored

for Preservation and Recreation Opportunities

U.S. Environmental Protection Agency (EPA), contains dozens of examples of how smart growth principles have been applied in big cities, suburbs, small towns, and rural areas. The East Bay Regional Park District was cited for its long-standing history of preservation and restoration of a region's natural and cultural heritage. With 65 parks, over 97,000 acres, and 1,100 miles of trails, the Park District is the nation's largest regional park agency.

A past economic analysis concluded that the East Bay Regional Park system of open space, parks, trails, and recreational facilities is an essential part of the urban

fabric of the East Bay and key to future efforts to "sustain the region" as it continues to mature and develop.

"I'm pleased that the publishers recognized the unique quality of life the Park District brings to the East Bay," says Park District General Manager Pat O'Brien. "In an urban area of this size, having scenic open space and close-to-home recreation opportunities is rare. This type of planned growth is possible only by long-range planning, community involvement, and support from voters."

Along with environmental preservation, the Park District offers a broad

spectrum of recreation activities ranging from hiking to boating, picnicking to equestrian uses, outdoor education to golfing. Over 2.8 million users enjoy the Regional Parks for a total of nearly 14 million visits per year.

This Is Smart Growth is available as a PDF download file through www.smartgrowth.org, or to receive a copy of the publication, call 1-800-490-9198 or e-mail ncepiml@one.net and ask for publication number 231-K-06-002.

The East Bay Regional Park District was recently selected as one of only 40 communities or organizations across the country to be profiled in a publication titled *This Is Smart Growth*. This nationally acclaimed publication, funded by the

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General Information / Free Brochure 510-562-PARK (7275)
 Camping & Picnic Reservations 510-562-CAMP (2267)
 Naturalist & Recreation Programs..... 510-636-1684
 TDD 510-633-0460
 Web site www.ebparks.org

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Pat O'Brien.....	General Manager

Visit www.ebparks.org for map downloads, activity and event information, and much more!

Historic Bay Restoration

Last October, East Bay Regional Park District board members Beverly Lane, Carol Severin, and Doug Siden commemorated one in a series of levee breaks as part of a historic wetland restoration project. The area known as Eden Landing Ecological Reserve in Hayward, south of the San Mateo Bridge, represents a collaboration between the State Department of Fish and Game, the Wildlife Conservation Board, and the East Bay Regional Park District, with community volunteer effort from Save the Bay, an environmental restoration group.

At the October event, an excavator cleared the way for 200 million gallons of Bay water to flood into a 300-acre former salt pond for the first time in 150 years. Allowing the tides to flood this pond will restore it to tidal marsh and

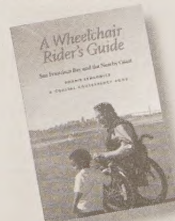
re-establish several miles of sloughs that will provide vital habitat for fish, wildlife, and endangered species like the California clapper rail and salt marsh harvest mouse. Restoring Bay wetlands contributes to the overall productivity of the Bay and its fishery and improves water quality.

By year-end 2007, the East Bay Regional Park District will add a parking area and 2 1/2 miles of Bay Trail along the perimeter of the marsh, making it possible to walk or bike 15 miles between San Leandro and Union City, admiring the Bay and tidal wetlands. The State Department of Fish and Game is the agency responsible for managing the 6,600 acres of former salt ponds at Eden Landing and moving forward on its restoration efforts to create a mix of tidal marsh and managed pond habitat.



Outdoor Accessibility

A recently published book titled *A Wheelchair Rider's Guide: San Francisco Bay and the Nearby Coast* is available for free from the Coastal Conservancy, a state agency that works with others to protect and restore coastal resources and improve public access along the California coast and on San Francisco Bay. Over 100 Bay Area parks and trails are listed as accessible destinations for wheelchair riders and others with limited mobility. East Bay Regional Park District parks and trails mentioned include Coyote Hills Regional Park, Alameda Creek Regional Trail, Oyster Bay Regional Shoreline, Crown Memorial State Beach, Middle Harbor Shoreline Park, Point Isabel Regional Shoreline, and Point Pinole Regional Shoreline, along with several others.



To receive a copy, call the Coastal Conservancy at 510-286-1015 or request one by e-mail at calcoast@scc.ca.gov. The East Bay Regional Park District's interpretive centers also have a supply of books.

Weekend Excursion Ride a Train

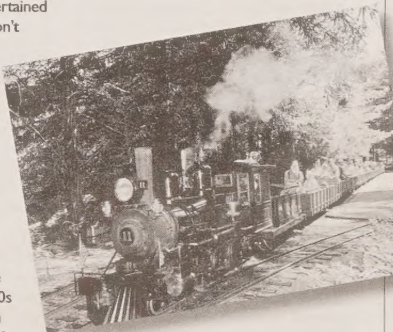
If you're looking for a quick weekend outing, consider taking a trip on an old-fashioned steam train at Tilden Regional Park in Berkeley.

The Tilden Steam Railroad is a classic, enjoyed by kids and adults. Owned and operated by the Redwood Valley Railway, the steam train has entertained park visitors since the 1957. Don't be surprised to find owner Ellen Thomsen, busy at work. Her late father, Erich — who at the time was a retired railroad consultant — created the family-owned railroad. He was responsible for designing the trains and tracks.

Today, affectionately called the Little Train, there are three narrow-gauge antique locomotives modeled after old-time steam trains from the late 1800s and early 1900s. The trip, which starts with an appropriate whistle of steam, takes passengers on a 1 1/2-mile ride through a redwood forest. The ride offers a trip back in time past a vintage water tower and small-scale structures. A short tunnel toward the end of the ride is always good for a holler or two.

During the winter, the railroad is open on weekends from 11 a.m. — 6 p.m.

(or dark) weather permitting. Trains leave every 20 minutes. The ride lasts approximately 12 minutes and costs \$2 per ride, or \$8 for a 5-ride card, and children under two years ride free. For information call 510-548-6100 or see www.redwoodvalleyrailway.com.



Directions: exit Highway 24 at Fish Ranch Road on the east side of the Caldecott Tunnel. Drive about one mile up Fish Ranch Road and turn right on Grizzly Peak Boulevard. Proceed about two miles to Lomas Contadas. Turn right on Lomas Contadas and make an immediate left to the parking lot.

Submerged Christmas Trees Create New Homes for Fish

Would you like to help create an artificial reef in one of the East Bay Regional Park District's most popular fishing spots? The District is looking for volunteers for its annual Christmas Tree Fish Habitat Project scheduled for 8 a.m., Saturday, January 6, 2007, at Del Valle in Livermore. Every January, hundreds of volunteers help the District's Fisheries Department place unsold Christmas trees into several area lakes. The purpose is to improve habitat for reservoir fish such as bass, bluegill, and other sunfish species. In the past, the Park District and volunteers have successfully turned Christmas trees into "fish homes" at Quarry Lakes in Fremont, Lake Chabot in Castro Valley, and Del Valle in Livermore—all man-made reservoirs devoid of adequate fish habitat. Volunteers typically spend the morning creating anchors, linking trees, and finally pulling the artificial reefs into position for sinking into the lakes. If you or a service group you are part of are interested, please contact Fisheries Manager Pete Alexander at 510-544-2342.



Photo: Kevin Fox

Investing in Nature

Wildlife Volunteers Rally for Restoration

By Dave "Doc Quack" Riensch

Trees link us to everything!

Trees purify our air, produce oxygen, enhance soil fertility, regulate climate, aid in erosion control, and provide vital wildlife habitat. An economist calculated that a mature tree provides more than \$200,000 in ecological service during its entire lifetime. Even our neighborhood oak woodlands harbor a rich array of plant and animal life, including more than 170 species of birds, 100 mammals, 60 amphibians and reptiles, 4,000 species of insects, and 2,000 plant species.

No wonder the famous naturalist John Muir wrote, "Happy is the man to whom every tree is a friend."

More people than ever are rallying around restoration efforts to preserve and enhance wildlife habitat. While not a new practice, habitat restoration involving the help of the public and private sector has only recently gained acceptance within the resource management community. There is nothing easy, or glamorous, about digging holes and planting trees. Yet the East Bay Regional Park District Wildlife Volunteers have done just that! Since 2001, more than 1,120 people have unselfishly labored to plant trees. Their "sweat equity" has contributed more than 4,208 hours of volunteer service to the East Bay Regional Park District.

Thanks to the donations made to the Regional Parks Foundation from the Fremont Bank Foundation, Chevron, and New United Motor Manufacturing Incorporated, the "Forest of the Future" is becoming a reality. The dawning of 2007 is a great time to engage family and friends in wildlife volunteer opportunities. For more information visit www.ebparks.org

Dave "Doc Quack" Riensch is the wildlife resource analyst for the East Bay Regional Park District and a biology/ecology instructor at Las Positas College.

Health Matters

East Bay Regional Park District AND

KAISER
PERMANENTE. thrive

ARE PROUD PARTNERS
IN 2007 WITH THE MUTUAL GOAL
OF PROMOTING HEALTH AND FITNESS.

Talk Yourself into Better Health

Do you know someone who is generally cheerful, always seeing the bright side? You may be envious of this positive attitude and wish you were born with the same sunny disposition. However, your friend wasn't necessarily born with a positive outlook, but cultivated it through deliberate optimistic thinking. You, too, can learn to be an optimist by practicing and applying healthy, optimistic thinking and positive self-talk.

Optimistic thinking has many (serious) benefits to your health, not the least of which is feeling good. It can help improve your self-esteem, decrease depression, speed recovery, enhance immune function, and possibly extend your life.

Negative self-talk greatly limits us. To break the cycle of automatic, negative thoughts, repeat positive statements called affirmations. Over time, these affirmations become just as powerful as the negative statements used to be. Practice your own optimistic thinking by being aware of negative thoughts. If you catch yourself saying, "I'm not very smart," or "I won't ever amount to much," stop and remind yourself of your positive affirmation(s). Make it a goal to think about positive events and experiences in your daily life as much as possible.

You may think that optimism and pessimism are traits you're stuck with, but they're not. To a large extent, optimism and pessimism are just learned habits. Changing the way that you think and talk to yourself can improve your physical and emotional well-being. Remember, your body speaks its mind.

KAISER PERMANENTE IS A MAJOR SPONSOR OF THE PARK DISTRICT'S 2007 TRAILS CHALLENGE. TO LEARN MORE ABOUT GETTING IN SHAPE AND HEALTHY LIFESTYLES, VISIT WWW.KP.ORG (YOU DO NOT NEED TO BE A MEMBER OF KAISER TO RECEIVE INFORMATION).



Kevin Fox

BASICS OF TROUT FISHING



Various parks Mike Hawley
8-10am, Sat, Jan 6 #13747
Shadow Cliffs, Feb 10 #13748
Quarry Lakes

The Regional Parks have some of the best fishing around so come join this class where participants familiar with fishing are introduced to the basics of trout fishing. You will learn about ecology, casting techniques, knot tying, fishing styles, proper gear selection, and the different types of bait. This class includes hands-on fishing. Rods and reels provided. A valid California fishing license is required for participants 16+. Parent participation required for children 5-15. For ages 5-years. Reg. Required: (510) 636-1684 Fee: \$19adults/\$15 children (non-res. \$21/\$17)



Photography Class Project

BEGINNING PORTRAIT PHOTOGRAPHY

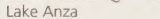


Lake Chabot Jack Ligon
8am-4pm, Sat, Feb 17 #13750
Join us for a fabulous photography class that will leave you seeing from a brand-new perspective. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises. ANY camera will do! (15+yrs.)
Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)

RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@ebparks.org. To register, please call (510) 636-1684. All classes dependent on registration minimums.

INTRO TO FLY-FISHING- FISH FIRST!

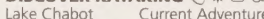


Lake Anza Fish First!
10am-4pm, Sun, Jan 7 #13709,
Feb 11 #13721

This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza practicing casting with a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. Class offered monthly. (18+yrs.)

Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

DISCOVER KAYAKING



Lake Chabot Current Adventures
11am-3:30pm, Sat, Feb 10 #13737

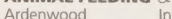
Get in-depth instruction for paddling from certified instructors. Learn equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available). You'll have lots of time to practice as we explore the bays and inlets of the lake. Parent participation is required for children 5-13 years old. (5+yrs.)

Reg. Required: (510) 636-1684
Fee: \$85 14+yrs/\$69 5-13yrs
(non-res. \$95/\$77)

ARDENWOOD

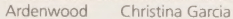
Ardenwood is open Tues.-Sun. from 10am-4pm. House tours are available by reservation only (call 510-791-4196). Food service, blacksmithing demonstrations and horse-drawn train rides will return in April. Admission fees apply. For program and fee info: (510) 796-0663, awvisit@ebparks.org or www.ebparks.org.

ANIMAL FEEDING



Ardenwood Interpretive Staff
3pm, Thu, Fri, Sat & Sun in Jan & Feb
Help check the henhouse for eggs and bring hay to the livestock. You'll learn all

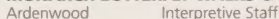
ARDENWOOD FARM DOCENTS



Ardenwood Christina Garcia
Want to share your enthusiasm for history with others? We're looking for people who want to learn to cook on a wood stove, teach about farm animals, work with antique farm machinery, and demonstrate historic crafts such as spinning and rope making. No experience is necessary, just a willingness to dress in period costume and help create a friendly atmosphere for visiting schoolchildren and families. Training classes will begin in February. Call (510) 796-0199 or e-mail (CGarcia@ebparks.org) for details.

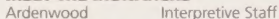
the animals' favorite foods as you help shut the farm down for the evening. Every Thursday through Sunday and New Year's Day.

MONARCH BUTTERFLY WALKS



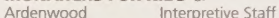
Ardenwood Interpretive Staff
1pm & 2pm, all Sat & Sun in Jan
Sat, Feb 3, 10, Sun, Feb 4, 11
Tour Ardenwood's monarch overwintering site on an easy stroll of less than a mile. See clusters of butterflies hanging from eucalyptus branches and learn about the mysterious migration of these majestic insects.

MEET THE MONARCHS



Ardenwood Interpretive Staff
11am-noon, Sat, Jan 6, 13, 27, Feb 3 & Sun, Jan 14, 21
Discover the life cycle of the monarch butterfly during a 30-minute slide show. Learn about the incredible journey these tiny animals make each year and the increasing threats to their survival. Afterward, take a short hike to see overwintering monarchs in Ardenwood's eucalyptus forest.

MONARCHS FOR KIDS



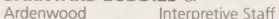
Ardenwood Interpretive Staff
11am-12:30pm, Sun, Jan 7, Sat, Jan 20, Sun, Jan 28, Sun, Feb 4
Young children will enjoy an interactive puppet show all about monarch eggs, caterpillars, chrysalides and butterflies. Then they'll take a short hike to see these amazing insects in action. (3-6 yrs.)

TODDLER TIME



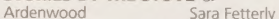
Ardenwood Ira Bretz
10:30-11am, Tue, Jan 16, 23, 30, Feb 6
Bring the tiny tots out for an exciting morning at the farm. Each day we'll meet and learn all about a new animal friend through stories, chores and fun.
Jan. 16-Chickens. Jan. 23-Sheep. Jan. 30-Goats. Feb. 6-Rabbits. (1-4 yrs.)

BARNYARD BUDDIES



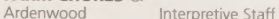
Ardenwood Interpretive Staff
11am-noon, Sat. Feb 10, 24
Sun, Feb 11
Here's your chance to get up close to all your favorite barnyard pals. Feed the goats a snack, pet a bunny and tickle a chicken (if you dare).

STORIES BY THE STOVE



Ardenwood Sara Fetterly
11am-noon, Sat, Feb 17
Cozy up to the old wood burning stove while we read some favorite farm stories and even meet a character or two!

FARM CHORES



Ardenwood Interpretive Staff
1-2pm, Sat, Feb 17
There's lots of work to do on the farm. Help grind corn, gather eggs, and feed the farm critters as we do our daily farm chores.

NEW YEAR'S DAY!

FARMYARD FRIENDS

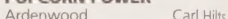
Ardenwood Carl Hilt
11:15am-12:15pm, Mon, Jan 1
The animals want to celebrate too! Come along and help mix up a special treat to feed to our goats, sheep and other friends.

NEW YEAR'S BUTTERFLY WALK



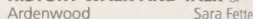
Ardenwood Carl Hilt
1-2pm, Mon, Jan 1
Take an easy stroll to see clusters of monarch butterflies hanging from eucalyptus branches and learn about the mysterious migration of these majestic insects.

POPCORN POWER



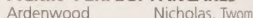
Ardenwood Carl Hilt
2:15-2:45pm, Mon, Jan 1
Start the new year off with a bang and a tasty, healthy organic snack. Learn about the history and uses of popcorn as we pop away!

HISTORY WALK AND TALK



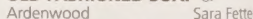
Ardenwood Sara Fetterly
1-2pm, Sat, Feb 17
Learn the secrets of Ardenwood as we walk the Patterson farm. Where's the tea house? How did Ardenwood get its name? All answers will be revealed on this easy hike.

PICKIN' PERFECT PANCAKES



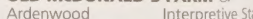
Ardenwood Nicholas Twomey
11am-noon, Sun, Feb 18
Come join us for a batter of a time as we pick and choose what it takes to make our own perfect pancakes with ingredients straight from the farm.

OLD FASHIONED SOAP



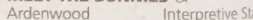
Ardenwood Sara Fetterly
1-3pm, Sun, Feb 18
Join us at the Country Kitchen as we mix up a batch of old-fashioned soap. Don't buy your next bar at the store. Take a recipe and make your own.

OLD McDONALD'S FARM





Ardenwood Interpretive Staff
1-2pm, Sun, Feb 18
Old McDonald had a farm, E-I-E-I-O. And on his farm he had some chickens, goats, and sheep, E-I-E-I-O. Come learn about old McDonald's farm friends and feed them a treat.


MEET THE BUNNIES




Ardenwood Interpretive Staff
1:30-2:30pm, Sat, Feb 24
Come meet the farm rabbits. Learn why they have big ears, what they eat, and how they communicate. See if you can find the softest part of a bunny.

WHO'S GOT YOUR GOAT?  Interpretive Staff
Ardenwood
11am-noon, Sun, Feb 25
Find out what it takes to keep your goat as you lend a hand with Angel, Gretchen and Inga. Help tend them and take them on a walk around the farm.

OLD-TIME GAMES  Interpretive Staff
Ardenwood
1-2pm, Sun, Feb 25
Delve into a toy chest from bygone days. Knuckle down with a game of marbles, steady your hand for pick up sticks and jump rope to long forgotten rhymes.

BEE CREATIVE!  Carl Hilts
Ardenwood
2-3pm, Sun, Feb 25
Bee's create honey and beeswax. We transform them into many other things. Bee creative with us and try your hand at making one of them.


BLACK DIAMOND
All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bdivisit@ebparks.org.


KNOBBERS  Sabrina Dussau
Black Diamond
3:30-5:30pm, Thu, Jan 18 #13695, Feb. 15 #13696
Knobbers were children who worked in 19th-century coal mines. Today, Knobbers is an opportunity for modern-day kids to play and learn in the great outdoors. Adventures vary each month taking us over hills, underground and back in time. (8-12yrs.)
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)





Doug Donaldson

BLUEBIRD BIOLOGISTS  Sabrina Dussau
Black Diamond
3:30-5pm, Thu, Feb 22, Mar 22, 29, Apr 5, 12, 26, May 3, 10, 24, 31, Jun 7, and 28 #13735
Experience nature first hand by lending a helping hand to our local cavity nesting birds. We'll supply alternative homes and meet each week to record and enjoy the activity in these enhanced habitats. This is a chance for kids to volunteer, learn, play, and conduct scientific research. (8-18yrs.)
Reg. Required: (510) 636-1684

WEBELOS HIKE: GEOLOGY  Bob Chaparral
Black Diamond
9-11am, Sat, Jan 20 #13710, Jan 27 #13711
2-4pm, Sat, Feb. 10 #13712
1-3pm, Sat, Feb. 17 #13713
Hey scouts! Earn your geology badge at the park where the rocks rule! We'll hike over the hills (sorry, no underground) and look at rocks that teach us about the past, keep us warm, and give a clear view of the world.
Reg. Required: (510) 636-1684

WINTER BELLES: MANZANITAS  Bob Chaparral
Black Diamond
10am-noon, Sat, Feb 3
Always attractive, manzanitas reach the zenith of their beauty in winter when they bloom. We'll try to catch them at their best as we hike Chaparral Loop. Rain cancels.


TAILGATE SNAKE TALK  Bob Chaparral
Black Diamond
2-4pm, Sat, Feb 3
Meet our well-traveled snakes as we give them (hopefully) some winter sun. Meet at the upper picnic area.

GREEN ALIENS  Bob Chaparral
Black Diamond
9-11am, Sat, Feb 10 #13716
Throughout history, humans traveled around the globe carrying essential belongings with them. Some of those essentials may stay long after their owners have gone. We'll look at some of these traveling companions left behind at Somersville, a nineteenth-century mining town site. Rain cancels.
Reg. Required: (510) 636-1684

FROM MOUNTAINS TO MOLEHILLS
Black Diamond
9-11am, Sat, Feb 17
Erosion-embodiment of the irresistible force that shapes our world. Witness its work and its effects today and 50 million years ago as we hike Chaparral Loop.

CHAPARRAL WINTER
Black Diamond
10am-noon, Sat, Feb 24
After a long, hot summer and fall, the wet season is a time for rejuvenation in the parched hills of Black Diamond. How do plants survive this yearly ordeal?

MEMORIES IN MARBLE
Black Diamond
2-4pm, Sat, Feb 24
Investigate the lives of nineteenth-century miners and their families in the Mount Diablo Coalfield. Meet at the Cemetery. Rain cancels.

TIMELESS TALES ON BLACK DIAMOND TRAIL  Mike Moran
Black Diamond
9:30am-1pm, Sun, Feb 25 #13720
Once the home of the largest town in the county, the Nortonville Valley beckons us with rich history, stunning scenery, and the perfect venue for a hearty four-mile hike.
Reg. Required: (510) 636-1684

BOTANIC GARDEN
The Regional Parks Botanic Garden is devoted to the collection, growth, display, and preservation of the native plants of California. The Garden is located in Tilden Regional Park in the Berkeley Hills, Berkeley, California. Admission is free. Hours are 8:30 a.m. to 5 p.m. The Garden is closed Thanksgiving Day, Christmas Day, and New Year's Day.

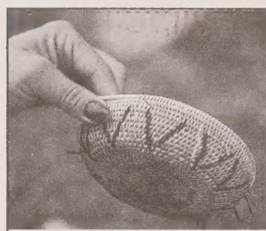
DOCENT-GUIDED GARDEN TOURS
Tilden, Botanic Garden
2pm, Saturdays & Sundays
Learn about California native plants on free, docent-guided tours at the beautiful, naturalistic 10-acre Botanic Garden in Tilden Regional Park. Wildcat Canyon Road and South Park Drive. Just show up. South Park Drive is closed November-March. For more information see www.nativeplants.org; (510) 841-8732.

LEWIS AND CLARK, THE CORPS OF DISCOVERY, A 200-YEAR RETROSPECTIVE


Tilden, Botanic Garden
9am-noon, Sat, Mar 3
Review and revel in the history, discovery and botany of Lewis and Clark's Voyage of Discovery. Recount some of the amazing geographical and botanical discoveries by the Corps. Note: South Park Drive closed through March.
Reg. Required: www.nativeplants.org or (510) 841-8732
Fee: \$8 members/\$12 nonmembers

SPRING FLOWERING NATURE SHRUBS FOR THE GARDEN
Tilden, Botanic Garden
10am-2pm, Sun, Mar 11, 18
This course will survey a host of different genera with emphasis on species that adapt well to gardens. A carefully chosen selection of these shrubs should provide color and drama from winter into early summer. Note: South Park Drive closed through March.
Reg. Required: www.nativeplants.org or (510) 841-8732
Fee: \$40 members/\$45 nonmembers


PLANT PORTRAITS AND GARDEN IMAGES
Tilden, Botanic Garden
9:30am-4pm, Sat, Mar 24
This all-day course is designed for beginning shutterbugs to photographers with some experience with digital cameras equipped with a macro setting, macro zoom, or macro lens capable of close-up imaging. Bring lunch. Note: South Park Drive closed through March.
Reg. Required: www.nativeplants.org or (510) 841-8732
Fee: \$40 members/\$45 nonmembers




Bev Ortiz

INTRODUCTION TO OHLONE BASKETRY  Bev Ortiz, Bachmann
Coyote Hills
10-11:30am, Sun, Jan 28
After a decades-long break, several Ohlone have renewed their ancestral basketry traditions. Join us to learn about the materials, techniques, and cultural context of Ohlone basketry past to present.

COYOTE HILLS
The Coyote Hills Visitor Center is open Tuesday-Sunday, 9:30 a.m.-5 p.m. It will be open on New Year's Day, Monday, January 1. The Possum's Pocket Nature Store has books, American Indian items, nature games, T-shirts and other items for sale. For more information call (510) 795-9385 or email chvisit@ebparks.org.

YUCKY BIOLOGY  Kristina Parkison
Coyote Hills
10am-noon, Sat, Jan 6 #13485
Nature can be nasty or nice—today we're focusing on the nasty! We'll explore all things ooey, gooey, and most of all—disgusting! Why do vultures have bald heads? What's in an owl pellet? Join us to find out all of the yucky answers! (6-12 yrs.), parental participation requested (parents do not pay fee).
Reg. Required: (510) 636-1684
Fee: \$3

NATURE TALES  Kristina Parkison
Coyote Hills
2-3pm, Sat, Jan 6
Bring your little ones to the park for reading and exploring adventures. We'll hike to beautiful vistas and read our favorite nature stories. We'll enjoy the day, rain or shine!
Reg. Required: (510) 795-9385

WEATHER DETECTORS  Savannah Trujillo
Coyote Hills
11am-noon, Sat, Jan 13
Have you ever been curious why a rain-bow appears after a rainstorm or why clouds are in the sky? Come explore the wonders of this unique thing we call weather! (8+yrs.)

MARSH MEANDERINGS

Coyote Hills Kristina Parkison
1-3pm, Sat, Jan 13
As marsh waters ebb and flow, different species call it home. We'll explore to see who's here now and to find out why marshes are so important to us humans, too!

LET NATURE TAKE ITS COMPASS COURSE

Coyote Hills Parkison, Dudgeon
1-3pm, Sat, Jan 20 #13489
Do you get lost in the parking lot at the mall? Imagine navigating thousands of miles-without maps or GPS-the way animals do! We'll discover the methods animals use and then learn how to use our man-made tools-map and compass! (10+yrs.)
Reg. Required: (510) 636-1684

SENSATIONAL SUNSET PHOTOGRAPHY

Coyote Hills Parkison, Jedlovac
4:30-6:30pm, Sat, Jan 20 #13490
Join us for a hike up Red Hill to photograph the sunset and amazing views on one of the shortest days of the year! This landscape photography workshop will feature instruction by Coyote Hills volunteer staff photographer, Don Jedlovac. Please bring your camera and tripod. (12+yrs.)
Reg. Required: (510) 636-1684

BIRD GAWK

Coyote Hills Kristina Parkison
9-11am, Sat, Jan 27
Birds-you want them, we've got them! Join us for an early morning stroll around the marshes and salt ponds. We might even get lucky and see the pink flamingo...



SCAT, TRACKS AND SIGNS

Coyote Hills Kristina Parkison
1-3pm, Sat, Jan 27 #13492
Ever wonder whose tracks are on the hood of your car? Even in our urban environment we still encounter the wild bunch! Learn to identify the footprints of the animals found around the East Bay. We'll make a tracking stick, so bring a sharp knife. (10+yrs.)
Reg. Required: (510) 636-1684
Fee: \$5 (non-res. \$7)

COYOTE CUBS

Coyote Hills Kristina Parkison
10-11:30am, Tues, Jan 30 #13494
2-3:30pm, Tues, Jan 30 #13495
10-11:30am, Tues, Feb 27 #13496
2-3:30pm, Tues, Feb 27 #13497
Offered in the afternoon as well as in the morning, this program is designed especially for pre-schoolers and their parents to explore the natural world in a personal, hands-on way. We'll focus on a different natural history subject each month through stories, games and crafts. Bring your little ones out for fun in the park as we discover the mysteries of the world around us! **Jan. 30:** Goody Geology. **Feb. 27:** Yucky Biology. (3-5yrs.)
Fee: \$6 (non-res. \$8)
Reg. Required: (510) 636-1684

BIKE 'N BIRD

Coyote Hills Kristina Parkison
9am-1:30pm, Sat, Feb 3 #13498
Biking is an excellent way to explore this lovely, flat 19-mile excursion. We'll begin at Coyote Hills and bike toward the end of the trail in Niles. Along the way, we'll bird and enjoy the scenery. On the way back, we may explore Quarry Lakes. (12+yrs.)
Reg. Required: (510) 636-1684

OHLONE VILLAGE SITE WORKDAY

Coyote Hills Beverly Ortiz
10am-4pm, Sun, Feb 4 #13499
Help us honor 2,000 years of human history by gathering willow branches and repairing a ramada and family house at a Tiubun-Ohlone village site. We'll also clean and weed the site, while introducing you to how the Ohlone lived so well for so long in this area. (12+yrs.)
Reg. Required: (510) 636-1684

PORTRAITS OF NATURE

Coyote Hills Parkison, Jedlovac
9-11am, Sat, Feb 17 #13500
During a wintry nature walk, volunteer staff photographer Don Jedlovac will help you learn how your flash can turn those impossible lighting situations into just another great day with the sun at your back yielding natural looking nature photos! (12+yrs.)
Reg. Required: (510) 636-1684

OHLONE VILLAGE SITE OPEN HOUSE

Coyote Hills Ortiz, Bonillas
10am-4pm, Sun, Feb 18
Walk to a more than 2,000-year-old Tiubun Ohlone village site and find out how its residents balanced human needs with that of the land. You'll be introduced to several Ohlone cultural skills.



CATCH OF THE DAY

Crab Cove Interpretive Staff
2-3pm, Sundays, Jan & Feb
What critters make the bay their home? How does a snake slither or a turtle feed? Our topics change so visit often and find yourself exploring and getting close to the world of nature!

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-5 p.m. School programs are available. For information about naturalist programs or other activities, call (510) 521-6887 or email ccove@ebparks.org.

SEA SQUIRTS

Crab Cove Interpretive Staff
10-11:30am, Tue, Jan 9 #13667, 23 #13668, Feb 13 #13669, 27 #13670
Discover the wonders of nature with your little one. Outdoor exploration and a theme-related craft and snack provided. See our 'Sea Siblings' program if you prefer to have 1-2 year olds join their older siblings. **Jan. 9:** Animal Skulls and Skeletons: What's Inside? **Jan. 23:** Fish, Fish & More Fish. **Feb. 13:** Shadow Play: the dynamic motion of plants and animals. **Feb. 27:** Roots and Shoots: hair, fingernails, plants. (3-5yrs.)
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

ESTUARY EXPLORERS

Crab Cove Interpretive Staff
3:30-5pm, Thu, Jan 11 #13671, 25 #13672, Feb 8 #13673, 22 #13674
Outdoor adventure, hands-on activities, and a theme-related craft and snack. Meet new friends, have fun! Designed for 6-8 year olds, without parents, to explore nature independently. **Jan. 11:** Animal Skulls and Skeletons: What's Inside? **Jan. 25:** Fish, Fish, and more Fish. **Feb. 8:** Shadow Play: the dynamic motion of plants and animals. **Feb. 22:** Roots and Shoots: hair, fingernails, and plants. (6-8yrs.)
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

BIKING THE BAY

Crab Cove Michael Charnofsky
2-4pm, Sat, Jan 13
Bay natural history and exercise-a great combination! Starting at Crab Cove, we will leisurely bicycle to Elsie Roemer Bird Sanctuary and back, viewing mudflats, marshes, rocky and sandy shores, and wildlife. Bring a bike lock and sturdy shoes. Rain cancels. (12+yrs.)
Reg. Required: (510) 521-6887

SEA SIBLINGS

Crab Cove Interpretive Staff
9:30-10:30am, Tue, Jan 16 #13676, Feb. 6 #13677, Feb 20 #13678
11am-noon, Tue, Jan 16 #13754, Feb 6 #13755, Feb 20 #13756
Join us for exploration of the natural world and a theme related craft! Designed for the 3-5 year-old learner while providing the option of inviting a 1-5 year-old sibling or friend along. **Jan. 16:** Fish, Fish, All kinds of Fish! **Feb. 6:** Shadow Play: the dynamic motion of plants and animals. **Feb. 20:** Roots and Shoots: hair, fingernails, plants. (1-5yrs.)
Reg. Required: (510) 636-1684
Fee: \$4

DOCENT TRAINING: MARINE ECOLOGY

Crab Cove Interpretive Staff
9:30am-1:30pm, Thu, Jan 25, Feb 1, 8 & 22 and Mar. 1 #13679
Crab Cove is excited to offer docent training! You will assist our naturalist staff in presenting educational programs to visiting school groups. Our main



Kevin Fox

SCIENCE FOR TYKES

Sunol Cat Taylor
10-11:30am, Sat, Jan 20 #13588
3-4:30pm, Sat, Feb 3 #13589
1:30-3pm, Sat, Feb 10 #13590
Science is all around us! Budding scientists ages 4-8 and their families are invited on a series of science programs set in a wildly exciting outdoor laboratory. **Jan. 20:** Salamander Saunter: Enter the wintry wet world of these amphibious beasts and learn about their double lives as we gently explore salamander habitat. Dress for mud. **Feb. 3:** When it Rains it Pours: Search high, low and everywhere a mold might grow for the fungus amomus. Observe wild mushrooms and cook up a (store-bought) fungal feast. No identification of wild edible species. **Feb. 10:** Vernal Pools: There are tidepools and swimming pools, but what's a vernal pool? With dipnets we'll explore the critters that call this temporary habitat home. Wear long pants and sleeves, boots and/or water-shoes.
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

focus is the natural history of beautiful San Francisco Bay estuary. We ask participants to complete all six classes and volunteer once a month for six months within the next year, as a part of this class. (18+ yrs.)
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

CRAB CAVE

Crab Cove Naturalist Nancy
12:30-2pm, Sun, Feb 11
Come meet the Cove's most famous crustacean! Get a bit muddy as we search for evidence of ghost shrimp, bat rays, lugworms, crabs and other curious creatures.



Steve Bobzien

OUTDOOR DISCOVERIES

Sunol Cat Taylor
10-11:30am, Thu, Jan 25
#13581, Feb 1 #13582,
Feb 8 #13583, Feb 15 #13584,
Feb 22 #13585

With a Sunol naturalist as your guide, children 3-5 years and a parent or adult friend are invited to discover what the winter rains have rung in.

Jan. 25-Frog Foray: Frogs and toads and tadpoles, oh my! We'll explore the slimy, jumpy, croaky world of these amazing amphibians today. **Feb. 1-When it Rains it Spores:** It's raining, it's pouring, the mushrooms are sporing! Fun-guys and gals will explore the fungus amungus and cook up a fungal feast. **Feb. 8-Salamander Season:** What animals prefer a moisty winter's morning to the sunny skies of summer? Salamanders, of course! We will gently explore salamander habitat today, so dress for the weather and mud. **Feb. 15-Vernal Pools:** There are tidepools and swimming pools, but what's a vernal pool? With dipnets we'll explore the critters that call this temporary habitat home. **Feb. 22-Dirt Made Our Lunch:** Thank you dirt! Bring your lunch today. We'll munch our lunch and discover how our fine cuisine is all made from dirt! Gulp!
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

SUNOL

Sunol Visitor Center is open Sat.-Sun., 10 a.m.-4:30 p.m. For info, call (925) 862-2601 or email svist@ebparks.org.

CANYON VIEWS & CASCADES

Sunol Cat Taylor
12:30-3:30pm, Sat, Jan 20
Winter's rains have transformed the wilderness into shades of emerald! We'll hike up into the hills before dropping into the famed Little Yosemite gorge. Three miles round-trip. No organized groups. (7+ yrs.)

SLITHERY, SNAKELY SERPENTS

Sunol James Link
1:30-2:30pm, Sun, Jan 21
Learn about snakes of Sunol. Our discussion will focus on where snakes live, what they eat and how they survive. We'll end with an opportunity to touch a living specimen.

WILDERNESS TREKKERS

Sunol Cat Taylor
3:30-6:30pm, Fri, Jan 26 #13586
3:30-5pm, Fri, Feb 16 #13587
Kids are invited to see what's happening in the wilderness during a series of afternoon adventures. **Jan. 26-Newt Trek:** Come on a salamander safari as we hike up to the High Valley newt pond to spy on amorous amphibians. 3 miles round-trip. Steep hills and creek crossings. **Feb. 16-Vernal Pools:** There are tidepools and swimming pools, but what's a vernal pool? With dipnets we'll explore the critters that call this temporary habitat home. (grades K-6).
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

SALAMANDERS!

Sunol Cat Taylor
8:30am-noon, Sat, Jan 27
Amphibians are wet weather enthusiasts! Take a wintry jaunt up to the newt pond seeking amorous amphibians. Moderately strenuous 3-mile with possibility of wet-footed creek crossings. No organized groups. (7+ yrs.)

VALLEY NATURE RIDE

Sunol Interpretive Staff
11-11:45am, Sun, Jan 28 #13571
10-10:45am, Sun, Feb 25 #13572
Enjoy an introduction to the cultural and natural history of Sunol Regional Wilderness, then mount up for a 20 minute horseback ride. (6+ yrs.)
Reg. Required: (510) 636-1684
Fee: \$17 (non-res. \$19)

WOMEN ON COMMON GROUND

Sunol Katie Colbert
5:30-8pm, Fri, Feb 2
Groundhog Moon: If the moon pops out of a cloud, is spring just around the corner? We'll look for our own moonshadows on this 2-mile hike to Little Yosemite. This is one in a series of programs for women who love to hike, camp and play in parklands, but whose concern for personal safety keeps them from enjoying their parks. For a complete schedule, email svist@ebparks.org, call (925) 862-2604 or

write Sunol Regional Wilderness, PO Box 82, Sunol, CA 94586. (adults.)
Reg. Required: (925) 862-2601.

TWIN PEAKS

Sunol Cat Taylor
8:30am-1:30pm, Sat, Feb 3
Explore the 5-mile Maguire Peaks Loop Trail and enjoy panoramic views as we search for the elusive tule elk. Meet at the Old Green Barn for carpooling to the site. (7+ yrs.)

MORNING ATOP FLAG HILL

Sunol Cat Taylor
8-11:30am, Sat, Feb 10
Climb to glorious views from atop this famous landmark as we discover its unique cultural and natural history. Bring snack. No organized groups. 3 1/2 miles. Moderately strenuous. (7+ yrs.)

WANDERING AROUND

Sunol Leah Tangney
10-11:30am, Sat, Feb 10
Alameda Creek has much to offer in so many ways. Explore this creek community and natural connections using all of our senses. Be prepared to get muddy and have fun!

SEE WHO'S HOME

Sunol Jeanne Bauer
1-2:30pm, Sat, Feb 17 #13580
Lizards? Maybe a golden eagle? We'll take a short walk along Alameda Creek to see who's wintering in Sunol. Back at the visitor center, we'll make pine cone bird feeders to take home.
Reg. Required: (510) 636-1684

ARTIST RECEPTION:

SHEILA SONDIK

Tilden Nature Area Interpretive Staff
2-4pm, Sun, Jan 21
Meet artist Sheila Sondik, whose exhibit 'Tilden Sublime' is on display in the Environmental Education Center. She will discuss her work and explain the process of her painting. Light refreshments.

ARTIST EXHIBITION:

SHEILA SONDIK

Tilden Nature Area
10am-5pm, Jan 2-Feb 26, closed Mondays
'Tilden Sublime' is a new show of mixed-media paintings by Berkeley artist Sheila Sondik (www.sheilasondik.com) in the Environmental Education Center. Ms. Sondik's paintings of Tilden combine Japanese ink, watercolor and collage on crinkled Japanese paper to create magical interpretations of the East Bay landscape. This is her third show at the EEC. For information, call (510) 525-2233.

TILDEN NATURE AREA

The Environmental Education Center is open Tue.-Sun. 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

KIDS GARDEN CLUB

Tilden Nature Area Interpretive Staff
2-4pm, Sat, Jan 6 #13594, 20 #13595, Feb 3 #13596, 17 #13597
In this exciting club for children, we plant, harvest, build, make crafts, cook and get dirty! Now open to ages 6-9! Themes and activities vary each session.
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)



Mark Taylor

WINTER SPEAKER SERIES

Join us for educational talks about various natural history topics relevant to your life!

WAVES, WETLANDS AND WATERSHEDS

Tilden Nature Area
Facendini, Kohut Frankel
4-6pm, Wed, Feb 7
This interactive workshop designed for educators addresses watershed, coastal and marine issues. You will receive a free California Coastal Commission's science activity guide, participate in activities, and get an overview of other relevant educational resources.
Reg. Required: (415) 597-5888

SEAFOOD WATCH

Tilden Nature Area
Facendini, Bowman
5-6pm, Thu, Feb 22 #13635
Come learn about the status of our world's oceans, and how you can make sustainable seafood choices through Monterey Bay Aquarium's innovative program.
Reg. Required: (510) 636-1684

QUAKES, QUACKS, AND CONQUISTADORS

Shorebird Nature Center, Berkeley
Facendini, Donald
10-11:30am, Tue, Feb 27 #13636
Discover the Bay's rich natural and cultural history through an engaging slide presentation and tour at Berkeley's Shorebird Park Nature Center. (adults.)
Reg. Required: (510) 636-1684



HOOT WITH WINTER OWLS

Tilden Nature Area

Tara Reinertson

11am-noon, Sun, Jan 7, Feb 25
Learn the night-time calls of owls that inhabit Tilden's forests and discover fact, fiction and fun fables about these mysterious nocturnal predators.

SLUG AND SALAMANDER SLEUTHS

Tilden Nature Area Bethany Facendini
3-4:30pm, Sat, Jan 6

Come investigate the slippery lives of these creatures through story, song, nature walk and craft.

NEWT HUNT

Tilden Nature Area Tara Reinertson
2-4pm, Sun, Jan 7, Feb 18

Every winter newts return to our freshwater ponds to breed. Come explore with us and catch a glimpse into the incredible mating behavior of these slimy salamanders.



MINI-FARMERS

Tilden Nature Area

Interpretive Staff

10-11:30am, Sat, Jan 13 #13610, Feb 10 #13611

A farm exploration program for kids ages 4-6 years. We'll explore the Little Farm, care for animals, do crafts and try some farm chores. Wear boots; and dress to get dirty! (4-6yrs.)

Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

OPEN GARDEN

Tilden Nature Area Rebekah Brainich
2-4pm, Sun, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

Summer is over, but the garden at the Little Farm is still alive! Winter squash, cabbage, broccoli, berries and more all need your help. Join the gardener for composting, planting, watering and reaping the rewards of our work. Cancelled only by heavy rain, call ahead if in doubt.

NATURE THEATER SING-A-LONG

Tilden Nature Area Tara Reinertson
11am-noon, Sun, Jan 14, 28

"Winter Time at Little Farm" is an indoor puppet show that's fun for the whole family! Hear a story about life on our farm and the jobs of a farmer.

TILDEN TOTS

Tilden Nature Area Linda Yemoto
10-11:30am, Wed, Jan 17 #13614, Thu, Jan 18 #13617, Tue, Feb 6 #13615, Wed, Feb 7 #13616

Join an outdoor, nature adventure program for 3 & 4 year olds, each accompanied by an adult (grandparents welcome!). In January we'll learn about our feathered friends. In February we'll search for amphibians.

Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

TILDEN MINI-RANGERS:

THE RETURN

Tilden Nature Area Meg Platt
3:30-5:30pm, Wed, Jan 17 #13618, Tue, Feb 13 #13619

Do you like hiking, conservation, and nature-based activities? This after-school program is for you! It is designed for kids 8-12 years old, unaccompanied by their parents. Dress to ramble and get dirty. Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

GONE TRACKING

Tilden Nature Area Tara Reinertson
10:30am-noon, Sun, Jan 21

It's muddy and wet! Let's find some tracks and make a plaster cast of raccoon, fox, rabbit or deer that you can take home. All materials provided. Dress for adventure.

Fee: \$3

TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto
3:15-4:45pm, Tue, Jan 23 #13622, Wed, Jan 24 #13623, Tue, Feb 20 #13624, Wed, Feb 21 #13625

Join an after-school nature adventure for 5-7 year olds, who may be accompanied by an adult. No younger siblings please. In January we'll learn about bird migration. In February we'll search for amphibians.

Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

WORM COMPOSTING

Tilden Nature Area Interpretive Staff
10:30am-noon, Sat, Jan 27

Compost enriches garden soil while reducing kitchen waste. Find out what lives in compost as we let the worms do the work of recycling our kitchen, farm, and yard waste.

PLANKTON IN THE PARK?

Tilden Nature Area Meg Platt
2-3pm, Sat, Feb 3

Plankton is more than marine, it's limnological, too! We will sample the micro-creatures of our lake and ponds, and examine them up close.

FARM STORIES AND SONGS &

Tilden Nature Area Tara Reinertson
10:30-11:30am, Sun, Feb 4, 18

All earth's creatures have a place in the choir! Come clap your hands and your paws! Hear some fun songs and stories, help grind some corn and feed the chickens.

TODDLER NATURE WALK

Tilden Nature Area Linda Yemoto
10:30-11:30am, Sun, Feb 4

Calling all non-napping toddlers and their grown-up friends! Come along on a little nature adventure for 2-3 year olds. We'll search for our salamander friends.

BROOM PULL

Tilden Nature Area Tara Reinertson
1:30-4pm, Sun, Feb 4, 25

Lend a hand pulling out exotic broom plants so our native grasses and shrubs have a fighting chance. Bring gloves; we'll provide hand tools and refreshments. (10+yrs.)

MUD, NEWTS, SLUGS

Tilden Nature Area Meg Platt
2-3:30pm, Sat, Feb 10

Join the 'mud club,' hold a slug, and move like a newt on this easy hike around the Nature Area to see what slimmers we can find!

SUSHI BASICS

Tilden Nature Area Linda Yemoto
11:30am-2:30pm, Sun, Feb 11 #13638

Learn the natural and cultural history of this ancient cuisine as you prepare and taste seven basic types of sushi. Learn how to roll, stuff and form sushi all in a fun, delicious atmosphere. Parent participation required for children 8-10 years. (8+yrs.)

Reg. Required: (510) 636-1684
Fee: \$35 adult (13-61 years)
\$30 senior 62+ years
\$25 child (8-12 years)
(non-res. \$39/\$34/\$29)

TREADS N' TRACKS

Tilden Nature Area Meg Platt
2-3:30pm, Sat, Feb 17

Animals we don't see leave behind clues of where they have been, and where they are going. We'll search for tracks, then make some of our own to take home.



DOCENT TRAINING

Tilden Nature Area

Linda Yemoto

9:30am-12:30pm, Thu, Feb 22, Mar 1, 8, 15, 22, 29

Become a docent and assist our naturalists in providing interpretive programs at the Little Farm and Nature Area gardens. For an application, or for more information, visit www.ebparks.org, or contact Docent Coordinator Linda Yemoto at lyemoto@ebparks.org or (510) 525-2233.
Fee: \$35 (non-res. \$39)



Newts and egg cases in a pond. Photo by Kevin Fox

PUDDLES AND PONDS IN WINTER

Tilden Nature Area

Linda Yemoto

2-3:30pm, Sun, Feb 4

We'll make walnut boats to float in the puddles, then ramble down to the nature ponds. We'll use our dip nets to see what's wriggling and squiggling there.

RECYCLED ART

Tilden Nature Area Interpretive Staff
2-4pm, Sat, Feb 24

Reuse some of your regular throwaways to make birdhouses, collages, masks, and more during this 'open art' opportunity. Creativity a must; all ages welcome.

VARIOUS PARKS

THURSDAY BIRDING

Martinez Shoreline Mike Moran
9:11am, Thu, Jan 4 #13734
Our short winter days are long on birds. These rich wetlands provide a feathered riot of residents and controlled mayhem of migrants.
Reg. Required: (510) 636-1684

TALL TREES AND OTHER NATURAL WONDERS

Roberts Michael Charnofsky
10am-1:30pm, Sat, Jan 6
Experience Oakland's tallest peak in a park named after the world's tallest

tree. Discover the beauty of Redwood Regional Park and discuss California's natural wonders, keeping warm on a moderate hike. For information, call (510) 521-6887 (12+ yrs)

BIG BOG OF BEAVERS AND BIRDS

Big Break Mike Moran
10-11:30am, Sun, Jan 7 #13739
Believe it! Bring out the family for a casual two-mile exploration of delightful Delta wetlands along a flat, paved trail.
Reg. Required: (510) 636-1684

WEDNESDAY WALKS

Various Parks

Christina Garcia, Sara Fetterly
9:30-11:30am, Wed, Jan 3, 17, 24, 31, Feb 7, 21, 28

Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water and dress for the weather—we walk rain or shine. Hikes begin at 9:30am. For more information, please call (510) 796-0199 or e-mail cgarcia@ebparks.org.
Jan. 3—Alameda Creek Trail: Trace the history of this urban flood control channel on an extra long 7.5-mile walk along both sides of the creek channel. Due to the extra mileage, we may go a bit later than usual. We'll meet at the Beard Staging Area in Fremont. Directions: From I-880, take Fremont/Alvarado Blvd exit and go east on Fremont Blvd. Turn left on Paseo Padre Parkway. Turn left on Whitehead Road, follow it to the end, then turn right on Beard. The parking lot is at the end of the road.
Jan. 17—Coyote Hills: Circle the hills on the paved, 3.5 mile Bayview Trail. Bring binoculars to appreciate the variety of birds that utilize the surrounding freshwater marshes, salt ponds, and tidal wetlands. Those desiring a more challenging workout may elect to follow the steep, paved trail up South Red Hill for an additional mile. Meet at the Visitor Center parking lot. Parking fee may apply. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go right on Ardenwood, left on Paseo Padre Parkway, and right at Patterson Ranch Road.
Jan. 24—Sibley Volcanic Preserve: Join Naturalist Sara Fetterly for a ramble in the hills of her favorite winter park. See quarries and cows, vistas and valleys, labyrinths and lava rocks on this scenic and moderate 3.0 mile hike. Directions: From Interstate 880, take Highway 24 towards the Caldecott Tunnel. Exit at Claremont. Continue past Ashby, then veer right to stay on Claremont Ave. Follow the brown signs for Tilden and Sibley. At the top, turn right onto Grizzly Peak Boulevard. At the T-intersection, turn

left onto Skyline, and immediately turn left into the park.
Jan. 31—Iron Horse Trail: We'll walk 7.5 flat and paved miles along part of this popular regional trail. The route follows the old Southern Pacific Railroad right-of-way that once connected the farms of the San Ramon Valley to ports in Suisun Bay. Meet at the Southern Pacific railcar behind the Museum of the San Ramon Valley in Danville. Directions: From I-680 in Danville, take Sycamore Valley Road west to San Ramon valley Blvd and turn right. Make a left on Railroad Ave., and continue to the Museum at the corner of Railroad and Prospect.
Feb. 7—Ardenwood: Visit the special place where hundreds of monarch butterflies congregate for the winter at this historical preserve. Hear the story of the 49er who found gold in the fertile fields of the East Bay as you explore the remnants of his once vast estate on a leisurely 2.5 mile walk. Meet in the main parking lot. Directions: From I-880 in Fremont, take Highway 84 west to Ardenwood Blvd. Go north on Ardenwood to the park entrance on the right.
Feb. 21—Lake Chabot marina: Enjoy a brisk walk along the shore of this scenic reservoir tucked in the East Bay hills. We'll follow the paved trail out to the Dam and beyond for a total of about 4 miles. There will be a few gentle hills. Meet on the deck by the Marina Cafe. Parking fee charged. Directions: From I-580 in San Leandro, take Fairmont drive east into the hills. Fairmont becomes Lake Chabot Road. Continue to the Lake Chabot Marina entrance on the left side of the road.
Feb. 28—Sunol: Walk along a gravelled road beside wild and lovely Alameda Creek. We'll pass Little Yosemite and continue on to the park boundary for a 4-mile round trip with some uphill climbing. Parking fee may apply. Directions: From I-680 in Sunol, head south on Calaveras Road for about 4 miles. Turn left at Geary Road and follow it into the park. Continue to the parking area at the end of the road.

NEW YEAR'S NOON WALK SERIES

Various parks Gail Broedser
10am-noon, Sun, Jan 7, 14, 21
It's not too late to celebrate your New Year's resolution to get out and get some fresh air while enjoying nature. Every Sunday we'll explore a different park and trail. Walks go rain or shine, but mud may shorten. Always bring water.
Jan. 7—Lake Temescal, North Entrance (flat)
Jan. 14—Sibley (up & down).
Jan. 21—Redwood, Skyline Gate (up & down).
For information, call (510) 521-6887.

TUESDAYS FOR THE BIRDS

Various parks Bethany Facendini
7:30-9:30am, Tue, Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
Share your enthusiasm for bird life on a tranquil walk through various Bay Area parklands! All levels of birding experience welcome. Please call (510) 525-2233 to get specific meeting locations or to borrow binoculars. Bring water, sunscreen, binoculars or scopes, and a snack.
Jan. 9—Martin Luther King Jr. Shoreline, Arrowhead Marsh (wheelchair accessible).
Jan. 16—Claremont Canyon.
Jan. 23—Albany Bulb.
Jan. 30—Kennedy Grove.
Feb. 6—Pinole Shores (wheelchair accessible).
Feb. 13—Tilden, Vollmer Peak.
Feb. 20—Point Isabel, Rydin Road (wheelchair accessible).
Feb. 27—Eastshore State Park, Berkeley Meadow.

EARTHQUAKES, WATER, AND WILDLIFE!

Temescal Michael Charnofsky
10-11:30am, Sat, Jan 13
Lake Temescal is a wildlife hotspot, with fascinating geologic and human influences. All ages are welcome on



Derek Lewis

CANINE CAPERS

Garin, Mission Peak Kristina Parkison
8-10am, Sat, Jan 13, Garin
#13503
9am-1pm, Sat, Feb 24, Mission Peak #13504
Bring your best friend for a frolicking romp to get the day started! We'll hike cool canyons and enjoy spectacular vistas while discovering the land's natural history. Bring a snack or lunch for yourself; snacks will be provided for your furry friend! (10+ yrs.)
Reg. Required: (510) 636-1684

this leisurely natural history walk and exploration around the lake. Meet at the north entrance parking lot off Broadway in Oakland. Info: call (510) 521-6887.

NATURE ON AN URBAN FRINGE

Berkeley Meadow Bethany Facendini
2-4:30pm, Sat, Jan 13
Discover the abundance of life protected in this unique shoreline park. Rain or shine, we will explore the resident and winter inhabitants on a 2.5 mile hike. For information, call (510) 525-2233.

WINTER WILDLIFE HIKE

Point Pinole Tara Reinertson
2-4pm, Sun, Jan 14, 28
Explore windswept bluffs, pebble beaches and salt marshes at pristine Pt. Pinole. We'll search for winter birds on the bay, monarch butterflies in the forests and newts in the pond.

A DAY ON-NOT A DAY OFF

MLK Jr. Shoreline Gail Broedser
9am-noon, Mon, Jan 15
Celebrate the holiday with a "Day On" rather than a day off and help clean up the area. We'll meet at Garretson Point to remove invasive, non-native plants, mulch and clean up, while learning more about what makes this place so special. For information, call (510) 521-6887.

STEPPIN' OUT NATURE HIKE

Redwood Naturalist Nancy
9am-1pm, Sat, Jan 20 #13687
Oak-woodland ridges and coast redwood forest canyons are ours to explore on this vigorous 5.5-mile round-trip hike. Dogs welcome. Meet at the Canyon Meadow staging area off Redwood Road in Oakland. (10+ yrs.)
Reg. Required: (510) 636-1684

FAMILY BIRDWALK

Miller Knox Bethany Facendini
3-4:30pm, Sat, Jan 20
What's that bird? Did you hear that song? Learn birding basics during a two-mile walk along the shoreline. Fun-filled family activities are included. For information, call (510) 525-2233.

DELIGHTS ABOUT DIABLO

Diablo Foothills Mike Moran
9am-noon, Sun, Jan 21 #13740
Explore the prosaic method to the poetic madness of one of the most dramatic landscapes of our region. We'll stroll three easy-to-moderate miles amidst mazelike oaks, Pine Creek (be prepared for wet crossings!) and under the awe-inspiring cliffs of Castle Rock.
Reg. Required: (510) 636-1684

WINTER IN THE GREAT DALE

Round Valley Mike Moran
9am-1pm, Sun, Jan 28 #13742
Seize the season with a hilly and hearty four-mile foray up a beautiful draw, through a wonderland of oaks, to vast vistas. We'll explore stunning changes winter brings to this wondrous park and beyond. (8+ yrs.)
Reg. Required: (510) 636-1684

TWINED

WILLOW BASKETRY

Quarry Lakes Beverly Ortiz
12:30-4pm, Sun, Jan 28 #13505
We'll gather gray willow, pruned last winter to cause the growth of long, straight, flexible shoots. You'll learn to use those shoots to weave an open-work basket while you enjoy the tranquility of wintertime Quarry Lakes. (16+yrs.)
Reg. Required: (510) 636-1684
Fee: \$15 adult/\$13 senior (non-res. \$17/\$15)

RETURN OF THE OVER-THE-HILLS-GANG

Various Parks Dave Zuckermann
10am-noon, Tue, Jan 30, Feb 27
Hikers 55 years and older interested in nature-study, history, fitness, and fun are invited on a series of monthly excursions exploring our Regional Parks. **January:** Sobrante Ridge. **February:** Wildcat Canyon/Alvarado. For information, call (510) 525-2233. (55+yrs.)

AFTER SCHOOL AMPHIBIAN ADVENTURE

Bioness Sabrina Dussau
3:30-5:30pm, Fri, Feb 2 #13743
Look for croaking frogs and swimming salamanders as they revel in the glory of a California winter. We'll hike up to the lagoons while discovering the importance of the wet season.
Reg. Required: (510) 636-1684

NEWTS, VOLCANOS & WETLANDS-OH MY

Sibley Gail Broesder
10am-1:30pm, Sat, Feb 3
What do a volcano & newt have in common? A wetland of course! Find out more and uncover some other mysteries of Sibley Volcanic Preserve, on this walk. For information, call (510) 521-6887.

PRE-GAME IN THE BLACK HILLS

Morgan Territory Mike Moran
9am-1pm, Sun, Feb 4 #13744
Who will make the Superbowl? Falcons? Eagles? Ravens? Panthers? Bears? Seahawks? Well, they have all made it to this most beautiful of parks. Let's explore wildlife, past and present, on a rolling four-mile jaunt and still get home in time for kick-off.
Reg. Required: (510) 636-1684

TRIUMPH & TRAGEDY: CREATING LAKE CHABOT

Chabot City Park, San Leandro Naturalist Nancy
2:30-4:30pm, Sun, Feb 4 #13689
Historic photographs, riveting stories, and existing artifacts reveal the feat of men and horses working to construct an earthen dam in the 1800s that still functions today. (8+yrs.)
Reg. Required: (510) 636-1684

RAINDROPS KEEP FALLING ON MY HEAD...

Lake Chabot Gail Broesder
9am-1pm, Sat, Feb 10 #13690
We'll walk to the dam and then explore the history of our local watershed. For information, call (510) 521-6887. (7+yrs.)

ROMANCE IN THE REDWOODS

Redwood Bethany Facendini
10am-2pm, Sat, Feb 10 #13656
Let love take you down a new path this Valentine's Day! Come discover the reproductive rituals of the redwood forest's steamy characters. Our hearts will pound during this five mile hike over varied terrain. We will also enjoy chocolate banana slugs and other sweet treats. Recommended for adult audiences. (18+yrs.)
Reg. Required: (510) 636-1684
Fee: \$6 (non-res. \$8)

WINTRY WALK TO A POUNDING ROCK

Garin Beverly Ortiz
10:30am-3pm, Sun, Feb 11 #13506
Stunning views beckon on this four-and-a-half mile hike through grassland, oak woodland and riparian habitats. We'll lunch on the ridgtop where local Ohlone processed food in mortar rocks. Along the way we'll discuss the area's ecology and edible and useful plants. Bring a potluck lunch item. (10+yrs.)
Reg. Required: (510) 636-1684

MARSH CREEK RUNS THROUGH IT

Creekside Park, Brentwood Mike Moran
1-3pm, Sun, Feb 11 #13745
Come stroll under centuries old oaks and sycamores on this easy, paved trail. The county's second largest creek winds through town, farm and wildland, conjures fascinating history, and stands poised upon an exciting future.
Reg. Required: (510) 636-1684

A ROSE BY ANY OTHER NAME...

Brushy Peak Cat Taylor
8-11:30am, Sat, Feb 17
Bushy Knob, brushy knoll? Whatever the name, this landmark has been a popular destination for centuries. Delve into its past as we hike into the hills. Some bushwhacking and hills. Bring snack and binoculars. Meet at the Laughlin Ranch Staging Area at the end of Laughlin Road in Livermore. For information and directions, call (925) 862-2601. (7+yrs.)

BASKETRY BASICS

Alameda Creek Trail Gail Broesder
10am-4pm, Sat, Feb 17 #13691
Experience the variety of California Indian Basketry Styles, then get hands-on. We'll gather whole-shoot willow and make a small storage basket-with the option of using NO TOOLS, but our hands. (15+yrs.)
Reg. Required: (510) 636-1684
Fee: \$40 (non-res. \$44)

WINTER NEWTS

Garin Kristina Parkison
1-3pm, Sat, Feb 17 #13507
What's poisonous and slimy, but cute as can be? What's often confused for a reptile when it's not? It's the California newt and it's headed toward a pond near you! Join us for a chance to find this animal jewel!
Reg. Required: (510) 636-1684

NEWS ABOUT NEWTS

Sibley Naturalist Nancy
2:30-4:30pm, Sun, Feb 18 #13692
Newts breed in the ephemeral pool that occupies a part of Sibley's largest labyrinth during winter. View breeding activity and eggs. Fascinating biological facts will be shared.
Reg. Required: (510) 636-1684

TRAIPIING THROUGH THE TRAPS

Las Trampas Cat Taylor
8am-1pm, Sat, Feb 24
We'll spend a wonderful winter's morn hiking up the scenic ridges of "the traps." Bring lunch and binoculars and be prepared for hills on this 4-mile excursion. For information, call (925) 862-2601. (7+yrs.)

MUNCHKIN MEANDER

Redwood Naturalist Nancy
3-5pm, Sun, Feb 25
Wrap your arms around a redwood tree, peer into a pocket gopher burrow, and search for banana slugs. Songs, a story and crayon rubbings will round out our forest adventure. Meet at the Canyon Meadow staging area off Redwood Road in Oakland. For information, call (510) 521-6887. (2-7+yrs.)

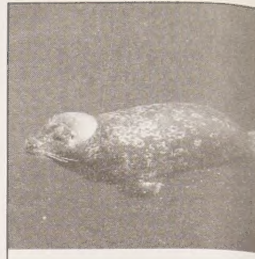
VOLUNTEER

PARK/TRAIL GUIDES

Various parks Rick Spittler
Various dates and times
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. On-going training provided by Bay Area Outreach Recreation Program (B.O.R.P.). For upcoming dates, contact (510) 849-4663.

PUBLIC SAFETY VOLUNTEERS

Various parks Various dates and times
These on-going volunteer programs assist District staff in the delivery of essential services, which include: educating trail users about trail safety; assisting the helicopter unit with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. For upcoming dates and more information, contact the following: Flight Medics-Sgt. White: (510) 785-3370 Bicycle Patrol, Hiking Patrol, Companion Dog Patrol and Mounted Patrol-Patrick Balizan Info: (510) 544-3133.



WHALE WATCH BY BOAT

Half Moon Bay Gail Broesder
9:30am-12:30pm, Sat, Feb 24 #13693
Gray whales, are migrating northward close enough to our coastline for viewing! Enjoy a morning at sea with our Expert Naturalist as we look for these magnificent creatures. Every trip varies, with chances of seeing harbor seals, sea lions, sea otters, and a variety of birds. We journey aboard the "New Captain Pete." Additional dates available in March. (8+yrs.)
Reg. Required: (510) 636-1684
Fee: \$35 (non-res. \$39)

FRENCH BROOM REMOVAL PROJECT

Redwood, Skyline Gate
9:30am-1:30pm, Jan 6, Feb 3
Help restore beautiful Redwood Regional Park. French broom has been displacing the native plants. Volunteers are needed to remove the broom. We provide the tools. Meet at Skyline Gate staging area (8500 Skyline Blvd., Oakland) in Redwood Regional Park. For information call Jill Kiernan at (925) 756-0195.

WILDLIFE VOLUNTEERS-CALIFORNIA BLACK RAIL HABITAT HELPERS

Point Pinole Doc Quack
9:30-11:30am, Sat, Feb 17
During this hands-on adventure you'll help create 1,000 square feet of habitat for the state threatened California black rail. We will remove non-native plants, pick-up trash, and clear debris from clogged channels to improve tidal water cycling, which restores and creates nesting habitat for the California black rail. By participating, you'll earn your "Black Rail Habitat Helper" patch. Parent participation is required.
Reg. Required: (510) 544-2340.

SWIM FACILITIES

LAKE ANZA

Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA

1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON

18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO

22400 Woodrose Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES

2250 Isherwood Way
Oakland, CA 94535
(510) 795-4883

ROBERTS POOL

10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS

2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL

6502 Broadway Terrace
Oakland, CA 94610
(510) 625-1155

VISITOR CENTERS

ARDENWOOD

34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND

MINES
5175 Summersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN

Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS

8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE

VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE

7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN

1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE

P.O. Box 82 (on Geary
Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE

AREA
Environmental Education
Center (EEC) at Tilden
Regional Park
Berkeley, CA 94708
(510) 525-2233

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.



ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org/webreg.

MAIL-IN: Complete the registration form below and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map below.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information and sign to approve the charge.

BY PHONE: Phone registration requires a credit card. Call between 8:30 a.m.-4:30 p.m. Mondays through Thursdays and 8:30 a.m. and 4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays.

Oakland.....(510) 636-1684 Hayward.....(510) 538-6470
Contra Costa Co.....(925) 676-0192 Outside East Bay.....(510) 636-1684
Livermore.....(925) 373-0144 TDD.....(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds available** for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS:



VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



Jan.-Feb. 2007 Mail-in Registration

Register On-Line: www.ebparks.org/webreg



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
FAX (510) 635-5502

Make checks payable to: EBRPD

or use

☐ MasterCard ☐ VISA

Name (parent or guardian if under 16)

Address

City

Zip

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1
Subscribe to this publication (Regional in Nature) (Optional)					\$5
Submit additional registrations on an attached sheet					Total \$

Signature required

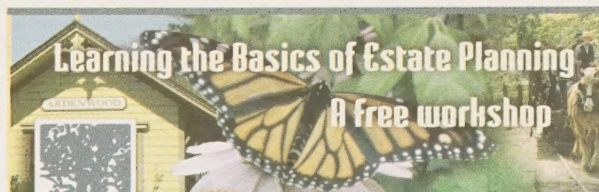
Parent or guardian if under 18

Date



☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other



Learning the Basics of Estate Planning

A free workshop

NATURALIST-LED TOUR TO SEE THE MAGNIFICENT MONARCHS INCLUDED



To register:
Please respond to
Wanda Bolden-Ross
with your name,
home address,
phone number,
and email address.
Email: wbross@ebparks.org or
call 510-544-2202

The Regional Parks Foundation invites you
to a free estate planning workshop
and a light breakfast buffet

**Saturday, February 10
10 a.m. to 12 p.m.**

The Granary at Ardenwood
Historic Farm, East Bay
Regional Park District
Fremont, CA

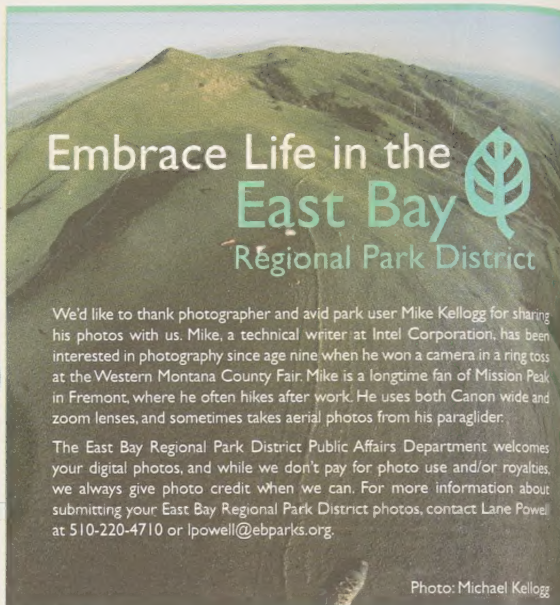
Topics include:

- Wills
- Revocable Trusts
- Powers of Attorney
- Health Care Directives
- Irrevocable Trusts
- Life Insurance, Retirement Plans
- Charitable Trusts
- Estate Trusts

FREE parking and park admission.

Bring the Kids!

Children ages 6-11 can
participate in their own
"workshop" of fun-filled
activities at Ardenwood
while parents and grand-
parents enjoy the
seminar.



Embrace Life in the East Bay Regional Park District

We'd like to thank photographer and avid park user Mike Kellogg for sharing his photos with us. Mike, a technical writer at Intel Corporation, has been interested in photography since age nine when he won a camera in a ring toss at the Western Montana County Fair. Mike is a longtime fan of Mission Peak in Fremont, where he often hikes after work. He uses both Canon wide and zoom lenses, and sometimes takes aerial photos from his paraglider.

The East Bay Regional Park District Public Affairs Department welcomes your digital photos, and while we don't pay for photo use and/or royalties, we always give photo credit when we can. For more information about submitting your East Bay Regional Park District photos, contact Lane Powell at 510-220-4710 or lpowell@ebparks.org.

Photo: Michael Kellogg

Introduction to Fly-Fishing

**Sundays
10 am to 4 pm**
January 7, February 11, and March 11

East Bay Regional Park District's
Lake Anza, Tilden Regional Park, Berkeley

Register Today! Call 510-636-1684 or
www.ebparks.org/webreg
Resident: \$60; Non-resident of Alameda
and Contra Costa Counties: \$66

**Learn techniques from an expert angler
and practice casting at Lake Anza.**

East Bay
Regional Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381

WHAT ARE YOU DOING THIS WINTER?



Bring in this ad
& get 1 free child admission
with paid adult admission.
Offer expires 03.31.07

Visit us for family fun!

- Explore our Interactive
and Hands-on Exhibits & Activities
- Take a Guided Hike through our Redwoods
- See a Show in our Planetarium
or Giant Screen MegaDome Theater
And More!

tickets | pricing | details
www.chabotspace.org
or 510.336.7373

chabot
space & science center
10000 Skyline Blvd • Oakland 94619